

NEW YORK • Monday, June 25, 2012



**“my birth control
+ his condoms”**

If you're having sex, use **BOTH**

to help prevent pregnancy, HIV & STDs

For free, confidential clinics search **NYC Teen** on nyc.gov or call 311



SCAN TO FIND A CLINIC

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Funding was made possible (in part) by cooperative agreement #5U58DP002902-02 from the Centers for Disease Control and Prevention (CDC).

NYC
Health

Michael R. Bloomberg | Mayor
Thomas Farley, MD MPH | Commissioner

Confidential + FREE OR VERY LOW COST

sexual health services clinics for TEENS

SYMBOLS

- ★ = All of the services listed at the bottom right are available and free
- Ⓐ = Abortion available
- Ⓢ = Counseling available
- ▲ = LGBTQI-specific services available (Remember that LGBTQI teens can get services at all of the clinics listed!)

BRONX

- Ⓐ **Adolescent and Young Adult Health Program, Bronx Care at Third Avenue—MLK, JR. Health Center**
2739 Third Ave. BRONX 10451
Btwn: East 145 & 146 Sts.
Phone: 718-838-1016
Subway: ② ⑤ -3rd Ave.;
④ -149 St.-Grand Concourse
Bus: Bx 2,4,15,19,21,41,55
- ▲ **Adolescent REP Program at Children's Hospital at Montefiore Medical Center**
111 East 210 St. BRONX 10467
Btwn: East Gun Hill Rd. & East 208 St.
Phone: 718-882-0023
Subway: ④ -Mosholu Pkwy.;
① -205 St.
Bus: Bx 1,2,10,28
- ★ **Center for Child Health and Resiliency**
Ⓐ 890 Prospect Ave. BRONX 10459
▲ Btwn: Westchester Ave. & 161 St.
Phone: 718-911-0605
Subway: ② ⑤ -Prospect Ave.
Bus: Bx 4,6,17
- ★ **Community Healthcare Network—Bronx Health Center**
▲ 975 Westchester Ave. BRONX 10459
Btwn: Tiffany & Kelly Sts.
Phone: 718-320-4466
Subway: ② ⑤ -Intervale;
③ -Hunts Point Ave.
Bus: Bx 4,5,6,11,17,27
- ★ **Community Healthcare Network—Tremont Health Center**
Ⓐ 4215 Third Ave. BRONX 10457
Btwn: East Tremont Ave. & East 178 St.
Phone: 718-294-5891
Bus: Bx 15,40,42,55
- ★ **Institute For Family Health—Mt. Hope Family Practice**
Ⓐ 130 West Tremont Ave. BRONX 10453
Cross St.: Harrison Ave.
Phone: 718-583-9000
Subway: ④ -176 St.
Bus: Bx 3,18,36
- ★ **Institute For Family Health—Urban Horizon Family Health Center**
Ⓐ 50-98 East 168 St. BRONX 10452
Cross St.: Gerard Ave.
Phone: 718-293-3900
Subway: ④ ③ ① -167 St.
Bus: Bx 1,2
- ★ **Institute For Family Health—Walton Family Health Center**
Ⓐ 1894 Walton Ave. BRONX 10453
Btwn: East 177 St. & Mt. Hope Pl.
Phone: 718-583-3060
Subway: ④ -176 St.;
③ ① -Tremont Ave.
Bus: Bx 1,2,32,36,40,42
- ★ **Morris Heights Health Center—Women's Health And Birthing Pavilion**
(Females only)
70 West Burnside Ave. BRONX 10453
Cross St.: Harrison Ave.
Phone: 718-716-2229
Subway: ④ -Burnside Ave.
Bus: Bx 3,32,40,42
- Ⓐ **Morrisania Diagnostic And Treatment Center**
1225 Gerard Ave. BRONX 10452
Btwn: East 167 & 168 Sts.
Phone: 718-960-2616
Subway: ④ ③ ① -167 St.
Bus: Bx 1,2,35

Morrisania STD Clinic—NYC Department of Health and Mental Hygiene

1309 Fulton Ave. BRONX 10456
Btwn: East 169 & 170 Sts.
Phone: 311
Bus: Bx 15,21,35,41,55

- Ⓐ **North Central Bronx Hospital**
Ⓐ 3424 Kossuth Ave., 2nd Floor
BRONX 10467
Btwn: DeKalb & Kossuth Aves.
Phone: 718-918-5700 (press 2)
Subway: ④ -Mosholu Pkwy.
Bus: Bx 10,16,28,30,32

- ★ **Planned Parenthood NYC—Bronx Center**
Ⓐ 349 East 149 St., 2nd Floor
BRONX 10451
Cross St.: Courtlandt Ave.
Phone: 212-965-7000
Subway: ② ⑤ -3 Ave.;
④ -149 St./Grand Concourse
Bus: Bx 1,2,15,19,32,41

Segundo Ruiz Belvis Diagnostic and Treatment Center
545 East 142 St. BRONX 10454
Btwn: Brook & St. Ann's Aves.
Phone: 718-579-4000
Subway: ③ -Brook Ave.
Bus: Bx 17

- ★ **The Children's Aid Society—Bronx Clinic**
1515 Southern Blvd. BRONX 10460
Btwn: East 172 & Jennings Sts.
Phone: 718-860-8595
Subway: ② ⑤ -Freeman St.;
③ -Whitlock Ave.
Bus: Bx 19,36

BROOKLYN

- ★ **Community Healthcare Network—CABS Health Center**
Ⓐ 94-98 Manhattan Ave.
BROOKLYN 11206
Btwn: Boerum & McKibbin Sts.
Phone: 718-388-0390
Subway: ④ ① -Lorimer St.;
③ -Broadway
Bus: B 40,43,46

- ★ **Community Healthcare Network—Caribbean House**
1167 Nostrand Ave. BROOKLYN 11225
Btwn: Fenimore St. & Rutland Rd.
Phone: 718-778-0198
Subway: ② ⑤ -Winthrop St.
Bus: B 12,44,49

- ★ **Community Healthcare Network—Dr. Betty Shabazz Health Center**
Ⓐ 999 Blake Ave. BROOKLYN 11208
Cross St.: Linwood St.
Phone: 718-566-6270
Subway: ③ -New Lots Ave.;
④ -Shepherd Ave.
Bus: B 6,14,15

- ★ **Coney Island Hospital—Adolescent Medicine**
Ⓐ 2601 Ocean Parkway
BROOKLYN 11235
▲ Btwn: Ave. Z & Shore Pkwy. North
Phone: 718-616-3191
Bus: B 1,4,36

Crown Heights STD Clinic—NYC Department of Health and Mental Hygiene
1218 Prospect Place, 2nd Floor
BROOKLYN 11213
Cross St.: Troy Ave.
Phone: 311
Subway: ④ ③ -Utica Ave.
Bus: B 15,43,45,46,65

Fort Greene STD Clinic—NYC Department of Health and Mental Hygiene

295 Flatbush Ave. Extension
BROOKLYN 11201
Cross St.: Willoughby St.
Phone: 311
Subway: ② ④ - Hoyt St.;
③ ④ ① ③ - DeKalb Ave.
Bus: B 25,26,38,52,54

Homecrest Pediatric and Adolescent Health Center
1601 Ave. S, Room 118
BROOKLYN 11229
Cross St.: East 17 St.
Phone: 718-339-6243
Subway: ③ ① - Kings Highway
Bus: B 2,3,7,82

Ida G. Israel Community Health Center
2201 Neptune Ave. BROOKLYN 11224
Cross St.: Neptune Ave. & West 22 St.
Phone: 718-946-3400
Bus: B 36,68,74,82

- ★ **Kings County Hospital Center—Family Planning Clinic**
Ⓐ 541 Clarkson Ave., Building E6E48
BROOKLYN 11203
Btwn: Albany & New York Aves.
Phone: 718-245-3502
Bus: B 35,44

- ★ **MIC Women's Health Services—Bushwick**
(Females only)
335 Central Ave., BROOKLYN 11221
Cross St.: Linden St.
Phone: 718-443-9300
Subway: ④ ② - Gates Ave;
① - Knickerbocker Ave.;
① - Myrtle Ave.
Bus: B 47,52,54,60

- ★ **MIC Women's Health Services—Eastern Parkway**
(Females only)
1873 Eastern Parkway
BROOKLYN 11233
Btwn: Atlantic Ave. & Herkimer St.
Phone: 718-498-1001
Bus: B 12,25,60

- ★ **MIC Women's Health Services—Ft Greene**
(Females only)
295 Flatbush Ave. Extension,
3rd Floor BROOKLYN 11201
Cross St.: Willoughby St.
Phone: 718-522-1144
Subway: ② ④ -Hoyt St.;
③ ① ③ -DeKalb Ave.
Bus: B 25,26,38,52,54

- ★ **Planned Parenthood NYC—Boro Hall Center**
Ⓐ 44 Court St., 6th Floor
BROOKLYN 11201
Cross St.: Joralemon St.
Phone: 212-965-7000
Subway: ② ④ ③ -Borough Hall;
④ ③ -Jay St.; ① ③ -Court St.
Bus: B 25,26,38,57,61,62,65,67,103

MANHATTAN

- ★ **Audubon Family Planning Center**
Ⓐ 21 Audubon Ave. NEW YORK 10032
Btwn: West 166 & 167 Sts.
Phone: 866-463-2778
Subway: ① ④ ③ -168 St.
Bus: M 2,3,4,5,100,101; Bx 7
- Ⓐ **Callen-Lorde Health Outreach To Teens (Project HOTT)**
356 West 18th St. NEW YORK 10011
Btwn: 8 & 9 Aves.
Phone: 212-271-7212
Subway: ④ ③ ③ -14 St.; ① -18 St.
Bus: M 11,14,20

Central Harlem Std Clinic—NYC Department of Health and Mental Hygiene

2238 5 Ave. NEW YORK 10037
Btwn: 136 & 137 Sts.
Phone: 311
Subway: ② ④ -135 St.
Bus: M 1,2,7,102; Bx 33

- Ⓐ **Charles B. Wang Community Health Center**
125 Walker St., 2nd Floor
NEW YORK 10013
Cross St.: Canal St.
Phone: 212-423-3888
Subway: ③ ④ ③ ③ ④ ① ②
-Canal St.
Bus: M 1,6,9,15,22,103

- Chelsea STD Clinic—NYC Department of Health and Mental Hygiene**
303 9 Ave., NEW YORK 10001
Btwn: West 27 & 28 Sts.
Phone: 311
Subway: ③ ④ -23 St.
Bus: M 11,20,23

- ★ **Community Healthcare Network—Community League Health Center**
Ⓐ 1996 Amsterdam Ave.
NEW YORK 10032
Cross St.: West 159 St.
Phone: 212-781-7979
Subway: ① -157 St.; ③ -155 St.
Bus: M 2,3,4,5,100,101

- ★ **Community Healthcare Network—Downtown Health Center**
Ⓐ 150 Essex St. NEW YORK 10002
Btwn: Rivington & Stanton Sts.
Phone: 212-477-1120
Subway: ③ -Delancey;
① ① ② -Essex St.;
Bus: M 9,14,15,21

- ★ **Community Healthcare Network—Helen B. Atkinson Health Center**
Ⓐ 81 West 115 St. NEW YORK 10026
Btwn: Lenox & 5 Aves.
Phone: 212-426-0088
Subway: ② ④ -116 St.
Bus: M 1,2,3,4,102,116

- ★ **Family Planning Clinic—Harlem Hospital**
Ⓐ 530 Lenox Ave., 2nd Floor
NEW YORK 10037
Cross St.: 135th St. & Lenox Ave.
Phone: 212-939-8275
Subway: ② ④ ③ ④ -135th St.
Bus: M 1,2,3,7,10,102; BX 33

- Ⓐ **Gouverneur Healthcare Services**
227 Madison St., 3rd Floor
NEW YORK 10002
Cross St.: Jefferson & Clinton Sts.
Phone: 212-238-7724
Subway: ③ -East Broadway
Bus: M 22

- ▲ **Lenox Avenue Health Center**
(Females only)
115 West 116th St. NEW YORK 10027
Btwn: Lenox Ave. & Adam Clayton Powell, Jr. Blvd.
Phone: 212-961-5742
Subway: ② ④ ③ ④ -116th St.
Bus: M 7,102,116

- Manhattanville Renaissance STD Clinic—NYC Department of Health and Mental Hygiene**
21 Old Broadway NEW YORK 10027
Cross St.: 126 St.
Phone: 311
Subway: ① -125 St.
Bus: M 11,18,60,100,104; Bx 15

- ★ **Metropolitan Hospital Center—Youth Health Services**
▲ 1901 First Ave., OPB 7th Floor,
Enter on 2 Ave. NEW YORK 10029
Btwn: East 97 & 99 Sts.
Phone: 212-423-6603
Subway: ③ -96 St.
Bus: M 15,96,101,102,103

- ★ **Mount Sinai Adolescent Health Center**
▲ 312-320 East 94 St. NEW YORK 10028
Btwn: 1 & 2 Aves.
Phone: 212-423-3000
Subway: ③ -96 St.
Bus: M 15,96,101,102,103

- ★ **Planned Parenthood NYC—Margaret Sanger Center**
26 Bleecker St. NEW YORK 10012
Cross St.: Mott St.
Phone: 212-965-7000
Subway: ③ -Bleecker St.;
④ ③ ① -Broadway-Lafayette;
① ③ -Prince St.
Bus: M 1,5,15,101,102,103

- ★ **Project STAY (Services To Assist Youth)**
Ⓐ 610 West 158 St. NEW YORK 10032
▲ Btwn: Riverside Dr. & Broadway
Phone: 646-284-9739
Subway: ① -157 St., ③ -155 St.
Bus: M 2,3,4,5,18,100,101; Bx 6

- Ⓐ **Roberto Clemente Center**
▲ 540 East 13 St. NEW YORK 10009
Btwn: Aves. A & B
Phone: 212-387-7400
Subway: ③ -1 Ave.
Bus: M 14,15,21

- ★ **The Children's Aid Society—Milbank Clinic**
14-32 West 118 St. NEW YORK 10026
Btwn: 5 & Lenox Aves.
Phone: 212-369-8339
Subway: ② ④ -116 St.
Bus: M 1,2,3,7,102,116; Bx 15

- ★ **The Door**
Ⓐ 555 Broome St. NEW YORK 10013
▲ Btwn: 6 Ave. & Varick St.
Phone: 212-453-0222
Subway: ① -Canal St.;
③ ③ -Spring St.
Bus: M 20

- Ⓐ **The Young Men's Clinic**
(Males only)
21 Audubon Ave. NEW YORK 10032
Btwn: West 166 & 167 Sts.
Phone: 866-463-2778
Subway: ① ④ ③ -168 St.
Bus: M 2,3,4,5,18,100,101; Bx 7

- Ⓐ **William F. Ryan Community Health Center**
110 West 97 St. NEW YORK 10025
Btwn: Amsterdam & Columbus Aves.
Phone: 212-749-1820
Subway: ① ② ③ ③ ④ -96 St.
Bus: M 7,11,96,106

QUEENS

- ★ **Adolescent GYN & Sexual Health Services—Long Island Jewish Medical Center**
410 Lakeville Road, Suite 108
QUEENS 11042
Cross St.: Marcus Ave.
Phone: 516-465-3270
Bus: Q 46

- ★ **Community Healthcare Network—Jamaica Health Center**
Ⓐ 90-04 161 St., 5th Floor
QUEENS 11432
Cross St.: 90 Ave.
Phone: 718-523-2123
Subway: ③ ① ② -Jamaica Ctr.;
③ -Parsons Blvd.
Bus: Q8,9,24,25,30,31,34,41,54,
56,65,111,112

- ★ **Community Healthcare Network—Long Island City Health Center**
36-11 21 St. QUEENS 11106
Cross St.: 36 Ave.
Phone: 718-482-7772
Subway: ③ -21 St.; ④ -36 Ave.
Bus: Q 19,66,69,101

- ★ **Community Healthcare Network—Queens Health Center**
Ⓐ 97-04 Sutphin Blvd. QUEENS 11435
Cross St.: 97 Ave.
Phone: 718-657-7088
Subway: ③ ① ② -Sutphin Blvd./
Archer Ave.
Bus: Q 6,8,9,30,60

- Corona STD Clinic—NYC Department of Health and Mental Hygiene**
34-33 Junction Blvd. QUEENS 11372
Cross St.: 34 Ave.
Phone: 718-334-5040
Subway: ⑦ -Junction Blvd.
Bus: Q 66,72

- ★ **Elmhurst Hospital Center—Adolescent Health Service**
Ⓐ 79-01 Broadway, 'O' building, 4th Floor
QUEENS 11373
Btwn: 77 & 78 Sts.
Phone: 718-334-5040
Subway: ⑦ -82 St.;
③ ③ ③ ③ -Roosevelt Ave.
Bus: Q 33,45,53

- Jamaica STD Clinic—Nyc Department of Health and Mental Hygiene**
90-37 Parsons Blvd. QUEENS 11432
Btwn: Jamaica & 90 Aves.
Phone: 311
Subway: ④ ① ② -Jamaica Ctr.
Bus: Q 6,11,20,25,30,31,34,41,54,
65,83,112,113

- ★ **South Queens Multi-Service Center**
Ⓐ 114-02 Guy R. Brewer Blvd.
QUEENS 11434
Cross St.: Linden Blvd.
Phone: 718-883-6699
Bus: Q 111,113

STATEN ISLAND

- Mariners Harbor Family Health Center**
2040 Forest Ave.
STATEN ISLAND 10303
Cross St.: Van Name Ave.
Phone: 718-761-2060
Bus: S 48

- Richmond STD Clinic—NYC Department of Health and Mental Hygiene**
51 Stuyvesant Place
STATEN ISLAND 10301
Btwn: Richmond Terrace
& Hamilton Ave.
Phone: 311
Bus: S 40,42,44,52

- ★ **Teen R.A.P.—Staten Island University Hospital at the Medical Arts Pavilion**
Ⓐ 242 Mason Ave., Suite 1
STATEN ISLAND 10305
Btwn: Alter & Delaware Aves.
Phone: 718-226-6262
Subway: SIR-Dongan Hills
Bus: S 52,78,79

- ★ **Teen R.A.P.—Staten Island University Hospital at the Bay Street Health Center**
Ⓐ 57 Bay St. STATEN ISLAND 10301
Btwn: Slosson Terrace & SI Ferry
Phone: 718-226-6262
Subway: SIR-Tompkinsville; SI Ferry
Bus: S 42,44,46,51,52,61,74,76,84

These services may include: condoms, birth control, emergency contraception (morning after pill), STD testing and treatment, HIV testing, and pregnancy testing.

PICKING UP GOOD VIBRATIONS AGAIN {page 20}

metro®



Max 74°
Min 58°

NEW YORK
Monday, June 25, 2012



KEVIN C. DOWNS/METRO



► 1.5 million out for annual Pride Parade ► One year after gay marriage legalized in NY, attendees say rights continue to grow {pages 04-05}

Prouder than they've ever been

► Revelers in the 2012 Gay Pride Parade celebrate as the march winds through Greenwich Village yesterday afternoon.

News

Bronx cop shot while walking home

► Officer Nelson Vergara heckled by men on street, then shot ► Hit twice, but in stable condition {page 02}

Will Cee Lo give PETA the bird?

The singer and 'Voice' judge has a new pet that PETA does not exactly endorse {page 15}



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NYPD officer recovering after shootout in Bronx

► Off-duty cop taunted by men, identifies himself as officer and is then shot ► Officer Nelson Vergara struck in leg and shoulder just blocks from home ► Fires back, wounds three suspects

ALLISON JOYCE/GETTY IMAGES



► Police Commissioner Ray Kelly blamed yesterday's shooting of a cop in part on illegal guns. The wounded officer, Nelson Vergara, also served two tours in Iraq.

2012 cop injuries:

No New York City police officer has died this year in the line of duty, but quite a few have been seriously injured. In fact, 2012 has been deemed the worst year for officer-shooting injuries in at least half a decade.

- **April 17:** Officer Eder Loor was stabbed in the head in East Harlem by a suspect described as emotionally disturbed.
- **April 8:** Four officers were stabbed in two separate incidents on the same day in the Bronx.
- **April 8:** Four officers were shot, three in the leg and one in the face, during a hostage standoff in Sheepshead Bay.
- **Feb. 14:** Officer Kevin Herlihy was shot in the arm after chasing a suspect into a Harlem subway station.
- **Jan. 31:** Officer Kevin Brennan narrowly escaped death when he was shot in the back of the head at point-blank range in Bushwick. The bullet missed his brain and spine by mere inches, officials said.
- **Dec. 12, 2011:** The last cop to be killed in the line of duty is Sgt. Peter Figoski, shot in the head and killed while breaking up a home invasion in Cypress Hills, Brooklyn. ● **METRO/JG**

In the news

Subway perv

A man is targeting ladies on the subway, using a hidden camera to secretly film young, attractive women as they ride the rails. The man, who goes by John Zippy, has even posted his photos and video on a YouTube channel, "New York Subway Girls." He's uploaded 35 videos, according to the New York Post. Police sources told the Post it would be difficult to press charges, because videotaping people in public places is not a crime. ● **METRO/CB**

In the news



To the rescue

New Jersey Mayor Cory Booker played real-life superhero yet again Friday when he stopped to help a pedestrian who had been hit by a car in Newark. Booker, who happened to be driving by, helped police stabilize the man as they waited for an ambulance. In April, Booker rushed into a burning home in Newark to save a woman trapped inside. ● **METRO/CB**

A police officer is in stable condition after being shot early yesterday morning in the Morris Heights section of the Bronx.

Nelson Vergara, a 12-year veteran of the NYPD, found himself embroiled in a shootout upon returning home just before 5 a.m.

Police told Metro that a group of men began taunting and shouting at Vergara as he walked home. Vergara, who had gotten off work at 2 a.m., was off-duty and not in uniform at the time.

"Here we are, another morning, another hospital, another member of the NYPD shot in the line of duty."

POLICE COMMISSIONER RAY KELLY

A bottle was thrown at him, and Vergara approached the group, police said.

At the same time, a man

drove up in a vehicle and stepped out. When Vergara identified himself as a cop, the man allegedly pulled out a weapon and opened fire.

In the subsequent exchange of bullets, Vergara was struck in the shoulder and leg. Even so, he managed to shoot three suspects who are currently in custody, according to Mayor Michael Bloomberg.

Vergara, a married father of two girls, ages 4 and 8, was then taken to St. Barnabas Hospital.

"An off-duty officer acted to clean up crime in his neighborhood and was fired on for his efforts," Bloomberg said.

Police Commissioner Ray Kelly added that illegal guns are constantly undermining the NYPD's efforts. "Our officers deserve more than prayers," he said. "They deserve our commitment to take action against illegal guns."

JESSE GREENSPAN
letters@metro.us

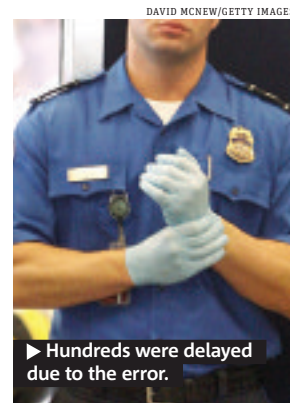
Security breach due to TSA agent error at JFK

JFK. You might say this TSA agent was a little dim: Travelers were delayed Saturday due to a TSA screw-up at JFK airport after one screener accidentally let hundreds of passengers through the security scanner without realizing his machine was unplugged.

Alija Abdul Majed, who was manning lane No. 1 at Terminal 7, let hundreds of passen-

gers through his metal detector, according to the New York Post. He never realized it was actually unplugged, or that the detectors' signature alert lights never once flashed as fliers strolled right through.

The error was discovered at 9:45 a.m., and the Port Authority had to call for a complete evacuation of the terminal. ● **METRO/CB**



► Hundreds were delayed due to the error.

Police catch suspect in uptown triple murder

MORNINGSIDE HEIGHTS. Police on Saturday apprehended a 30-year-old man who allegedly committed a triple homicide across the street from Columbia University.

The arrest of Bronx resident Roberto Nunez came soon after three victims — later identified as Heriberto Suazo, 26, Luis Catalan, 25, and Amaury Rodriguez, 30 —



were found shot to death inside of a 2009 BMW parked on W. 122nd Street between Claremont Avenue and Broadway. ● **METRO/JG**

ADVERTISEMENT

After helping countless knee pain sufferers eliminate their pain, a local doctor warns,

If you or a loved one are scheduled for knee surgery, READ THIS ARTICLE BEFORE IT'S TOO LATE!



According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

Want to avoid knee surgery?

Our program could be the solution you are looking for.

Do your knees hurt when going up or down the stairs?

Do you frequently take medication for knee pain?

Have you tried physical therapy?

Do the activities you enjoy cause pain in your knees?

Have you had cortisone or other injections to the knee that have not worked?

Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

If you answered **YES** to any of these questions, keep reading...

[1] Reference - Epidural steroid injections procedures. Medscape reference retrieved July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

Why do knee injections often fail? What's different about our procedure?

Most doctors today do one of three things:

- 1) They perform "blind injections" (an injection done without imaging guidance).
- 2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York.
- 3) They use Cortisone, which can have side effects.

Precision is the difference.

FACT: 30-40% of blind injections result in needle misplacement. ^[1] With this much inaccuracy, **it's no wonder most people never find relief.**



Our solution... Our office uses Hyalgan®

What exactly is injected into the knee?

Hyaluronic acid (Hyalgan®) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint, called synovial fluid. In patients with osteoarthritis, synovial fluid "dries up", allowing the cartilage of the joint to rub against itself and other surfaces. This causes pain, inflammation, and usually damage to the joint. Think of this treatment like oiling a rigid, squeaky door hinge.

When will I feel results?

Most feel an immediate reduction in pain and can return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most PPO insurances will cover this treatment*. We work with:



Affordable payment plans available to fit all budgets. Call our office for free insurance benefits verification.

Unfortunately, we do not participate with Medicaid, Workers Comp, no-fault insurance, GHI, Emblem PPO, HIP, EPO or HMO plans.

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An extra special Gay Pride march

► Festivities come one year after New York state legalizes gay marriage
 ► Two months after President Barack Obama says he supports gay marriage, too
 ► More than 1 million in streets

On the one-year anniversary of the month gay marriage became a reality in New York state, the NYC Pride parade was louder — and prouder — than ever yesterday.

Rainbow flags flooded the streets and flamboyant drag queens paraded in wigs and sparkly dresses to kick off the 43rd annual LGBT Pride March, which 1.5 million people were

expected to attend.

Grand marshals of the event included Grammy-award winning artist Cyndi Lauper, who performed last night on Pier 54, and Chris Sagardo, the openly gay president of Kiehl's, the beauty and skin care line. Phyllis Siegel and Connie Kopelov, the first same-sex couple to get married in the city following the passage of New

York's gay marriage law, also served as grand marshals for the event.

The past 12 months have seen some watershed moments in gay rights: In June 2011, the New York state Legislature voted to allow gay marriage. One month later, in July, President Barack Obama announced the official repeal of "don't ask, don't tell" in the U.S. military.

And in May, President Barack Obama said he thinks gay couples should be able to marry.

The mood on the streets was indeed more festive this year, several parade-goers told Metro.

Darren Nimmicht, a 60-year-old Manhattanite, said he also noticed more stands at Pride Fest that catered to fami-

lies and family issues, perhaps a nod to the burgeoning number of gay and lesbians raising children.

"You see more stands for health related things like child care," Nimmicht said. "You also see more stands about adoption. Each year Pride becomes more and more inclusive."

Tom Cicero, Nimmicht's partner of 37 years, said that

Detractors few and far between

Despite some attempts, nobody could put a damper on New York's gay community yesterday, not even a man standing alone near West 12th Street, holding a sign that read, "Today, man marries man. Tomorrow, man marries giraffe."

Several parade-goers got down off their floats to take pictures flipping him off or to cheer in his face. "So be it," Holly Trantham, a 20-year-old Manhattanite said. "If man marries a monkey tomorrow ... at least he'll be happy."



► People wave rainbow flags in front of The Stonewall Inn yesterday, considered to be the birthplace of the modern-day gay rights movement.

KEVIN C. DOWNS/METRO

New York's gay marriage law affected not only the city but also places like upstate Hudson, New York.

"A couple years ago, there were four cars that lined the street for Pride in Hudson," he said. "This year, cars lined the whole length of (the street)."

AMANDA BARKER
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Club Getaway: Camp's Not Just For Kids Anymore

I never went to summer camp as a kid. My buddy Steve did, and tells me constantly about a similar experience for us "old" guys (ie two 31-year-olds) in the form of a weekend summer camp for adults called Club Getaway. After two summers I cave in and off we go. I warn him if I awake to find my boxers waiving from the flagpole or Freddie Kruger in my bed, I'm out of there, however.

We arrive, and the activities choices seem endless — waterskiing, volleyball, trapeze, mountain biking, wakeboarding, a 250 foot zip line, rock climbing, coed softball, golf, archery — even basketball with

an NBA pro. We put our blackberries down, stopped debating fantasy football and spent the entire weekend like two sports-crazed warriors.

We met a couple of cool girls which lead to doubles tennis matches, a kayaking race, hikes along the wooded trails and sailing out into the middle of the lake. They even convinced us to take a wine tasting class. Where else can you be in the wilderness, work on your serve, and learn about varietal wines all in the same afternoon? At night there was a bonfire complete

with an acoustic guitar and s'mores. The girls seemed impressed with my rendition of Kumbaya.

As we climb aboard the bus for the ride home, I tell Steve, "I can't believe I didn't listen to you sooner" and he comments on how maybe



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► Above: Singer Cyndi Lauper was one of the parade's several grand marshals. Top right: City Council Speaker Christine Quinn, left, waves next to her spouse, Kim Catullo. Quinn is the first openly gay City Council speaker. Bottom right: A man holds a sign condemning gay marriage.

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These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 30PK004D-01-00.

Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.

Queens gun buyback nets 55

JAMAICA. More than 50 guns were voluntarily turned in at a buyback held at a church in Jamaica, Queens, on Saturday, according to police.

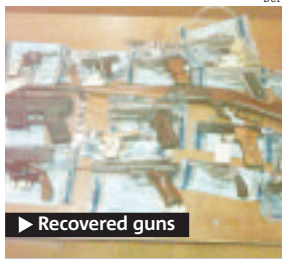
People turned in a total of 55 firearms, said cops, including 19 semiautomatic handguns, 35 revolvers and one rifle.

Four of the weapons

turned in were fully loaded.

Since the NYPD first started doing gun buybacks in 2008, nearly 7,700 weapons have been recovered. As part of the program, New Yorkers can anonymously give up their weapons in exchange for cash and face no threat of criminal charges.

● METRO/CB



DCPI

Graduation clears upstate students' mystery twitching

Students in an upstate New York town whose mysterious twitches drew a national spotlight accepted their high school diplomas yesterday, with most of them back to normal after a firestorm of controversy and media attention late last year.

A total of 20 girls enrolled at Le Roy Junior/Senior High School first began exhibiting involuntary movements in October 2011, in the working-class town about 50 miles east of Buffalo.

Doctors and state health department officials made the controversial diagnoses of conversion disorder, in which psychological stress causes patients to suffer physical symptoms, and mass psychogenic illness, and members of a tight-knit group subconsciously copy behavior.

Doctors determined the attention from social media and mainstream media aggravated the problem, and discouraged patients from participating in either. The result, doctors say, is that most of the patients shed the Tourette-like symptoms and returned to a "normal life" in time for high school graduation yesterday.

"The vindication for us is that the patients are better. They've got their lives back," said Dr. Laszlo Mechtler, who treated 15 of the girls at Dent Neurologic Institute, one of the nation's largest neurology clinics. He said his patients were "80 to 90 percent" cured.

As the problem spiraled in the tiny community, celebrity doctors like Dr. Drew Pinsky hosted some of the girls on national television and others appeared regularly on local television and in print media with headlines about their "mystery illness." The girls posted updates on their seemingly bizarre condition to Facebook and videos of their symptoms to YouTube.

"We noticed that the kids who were not in the media were getting better; the kids who were in the media were still very symptomatic," Mechtler said.

"One thing we've learned is how social media and mainstream media can worsen the symptoms," he said. "The mass hysteria was really fueled by the national media, social media — all this promoted the worsening of symptoms." **REUTERS**

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3 service is suspended.

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####FASTRACK



Council pushes drug courts for veterans

► Drug-addicted veterans meet in special court ► NY Council urges adding similar programs across the city

The military taught Nelson Guzman to be a perfectionist — so he learned how to roll the perfect joint.

Guzman, 31, spent eight years in the Marines. But after coming home to Brooklyn, he returned to a habit of smoking pot — something that landed him in jail when he was arrested buying pot and cocaine last June.

A year later, he's in rehab, and one of about 100 people to use the Brooklyn's Veterans Treatment Court, a program specifically designed for vets caught in drug offenses.

The City Council meets today to consider a resolution urging Veterans Treatment Courts in every borough. The

"It saved my life. It made me change my ways."

U.S. ARMY VETERAN AND RECOVERING ALCOHOLIC GLADYS BRADLEY OF THE BROOKLYN VETERANS COURT

Brooklyn court is the only one so far. Three have graduated since it started last year — meaning they completed a year-long rehab process that ends with their charges being dismissed.

The court is designed to treat drug addiction as a disease, and rehab and social services are offered as an alternative to jail. Many veterans struggle with addiction after

deployments, sometimes as a way to deal with the stress of war. Others return to a pre-service drug habit.

Friday, Judge Michael Brennan started out by asking the defendants to raise their hands: Were they from the Army, the Navy or the Air Force?

Guzman was the third veteran called.

The Williamsburg native served from 2000 to 2008. While enlisted, the armed forces taught him to strive for perfection, he said.

"I was a perfectionist of using drugs," he recalled. "I smoked pot. I had the nicest rolled joint."

After he was arrested, he went to the court, where the of-



► Nelson Guzman, a former U.S. Marine, is one of 100 vets in the city to pass through the Veterans Treatment Court, a special court system for vets addicted to drugs and alcohol.

fer was jail or rehab. He chose rehab. But in November, he relapsed — a drug test showed booze — and he started from scratch. Once he is sober for a year, his charges may be dismissed.

The treatment courts are focused on giving nonviolent, drug-abusing defendants access to drug treatment programs instead of incarceration. In a typical criminal court, Brennan said, defendants may just get

one or two chances before being sent to jail.

In court, the judge walked down from the bench to congratulate Guzman after case-workers described his sober success and pursuit of a degree in physical education, focusing on special education. Brennan and Guzman shared a salute.

"We don't give up," said the judge. "They have earned the special treatment with their service."

Struggles with pride and shame

Margarita Fournier, a resource coordinator at the Brooklyn treatment court, said that veterans often feel embarrassed by their struggles, or are too proud to admit them.

With a mentor that has gone through the same thing, "They feel like that's something they can reach out to," she said.

Thomas Daley, who works at the Brooklyn Vet Center, added that it often takes time for veterans to realize how to handle what they've been through, and how it has affected their lives.

"They just came from hell. They don't realize the damage that's done," he said. "You get a little bottle because you can't get to sleep. You have nightmares."



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Issa accuses AG of 'coverup' in Mexican gun-running case

CHIP SOMODEVILLA/GETTY IMAGES

U.S. House Oversight and Government Reform Committee Chairman Darrell Issa said the Justice Department's refusal to turn over documents related to a failed gun-smuggling operation was "clearly a coverup" by Attorney General Eric Holder and the Obama administration.

"Lying to Congress is a crime," he said. "We have every right to see documents that say, did you know, when did you know, what did you know, including even the president."

Issa's committee is seeking documents related to Operation Fast and Furious, which allowed guns illegally purchased in the U.S. to be smuggled across the border to track them to Mexican drug cartels. Democrats are accusing House Republicans of engaging in an election-year "fishing expedition" with their probe.

In a June 20 party-line vote, the panel brushed aside President Barack Obama's last-minute assertion of executive privilege to shield the documents and held Holder in contempt of Congress for failing to comply with a subpoena for them. House Republican leaders set a vote by the full House on the contempt citation for this week, setting up a potential referral of the case to the U.S. Attorney's office in Washington to determine whether prosecution is warranted.

BLOOMBERG



► Issa said he will send a letter to Obama detailing why lawmakers say the president is taking an overly broad approach to executive privilege.

Year's first named storm threatens coast

HOUSTON. Strong winds and heavy rain from Tropical Storm Debby reached the Gulf Coast yesterday as the storm meandered on an uncertain track toward the Louisiana coast with 60 mph winds, the U.S. National Hurricane Service said.

The first named storm of 2012 to enter the Gulf of Mexico, was centered about 200 miles east-southeast of the mouth of the Mississippi River and was moving slowly northeast. **REUTERS**

Penn State moves to end Sandusky lawsuits soon

BELLEFONTE, PA. Penn State university has given an unusual signal that it wants to wrap up civil suits as fast as possible, legal observers said this weekend.

Shortly after Sandusky was convicted, Penn State invited victims to try to resolve claims against the school.

"The purpose of the program is simple: The university wants to provide a forum where the university can privately, expeditiously and fairly address the victims' concerns and compensate them for claims relating to the university," it said in a statement. **REUTERS**



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Health care: Most oppose law, but love provisions

MANDEL NGAN/AFP/GETTY IMAGES



► The political stakes are sky-high on an issue that has galvanized conservative opposition to the Democratic president, and how the court's decision is framed politically could influence the outcome of the Nov. 6 general election.

Most Americans oppose President Barack Obama's health-care reform even though they strongly support most of its provisions, a Reuters/Ipsos poll showed yesterday, with the Supreme Court set to rule within days on whether the law should stand.

The survey results suggest that Republicans are convincing voters to reject Obama's reform even when they like much of what is in it, such as allowing children to stay on

their parents' insurance until age 26.

Strong majorities favor most of what is in the law.

A glaring exception to the popular provisions is the "individual mandate," which forces all U.S. residents to own health insurance.

Sixty-one percent of Americans are against the mandate, the issue at the center of the Republicans' contention that the law is unconstitutional, while 39 percent favor it.

"That's really the thing that has come to define the (reform) and is the thing that could potentially allow the Supreme Court to dismantle it if they decide it's not constitutional," Ipsos pollster Chris Jackson said.

The Supreme Court is expected to rule on the 2010 healthcare reform this week.

REUTERS

56%

Fifty-six percent of people are against the healthcare overhaul and 44 percent favor it, according to the online poll conducted from Tuesday through Saturday.

News in brief

GETTY IMAGES



Blackberry could split business into two, say reports

LONDON. BlackBerry maker Research In Motion is considering splitting its business in two, separating its struggling handset manufacturing division from its messaging network, The Sunday Times reported.

RIM, which last month said it had hired JP Morgan and RBC Capital to look at its strategic options, could break off its handset

division into a separate listed company or sell it, the British newspaper reported without citing sources.

REUTERS

Zumba no longer just exercise, it's also big business

MIAMI. Alberto Perez started out as a street performer and then an aerobics teacher in Colombia, making extra cash on the side teaching the wives of businessmen how to dance in nightclubs in his hometown, Cali.

Today, he stands at the center of the Zumba exercise craze, having helped transform Zumba Fitness, a private company, into a rapidly growing fitness empire with heavyweight investor backing.

"I'm not a businessman, but I knew this had the potential to be something special," said Perez, who along with two Colombian associates founded the Miami-based company. REUTERS

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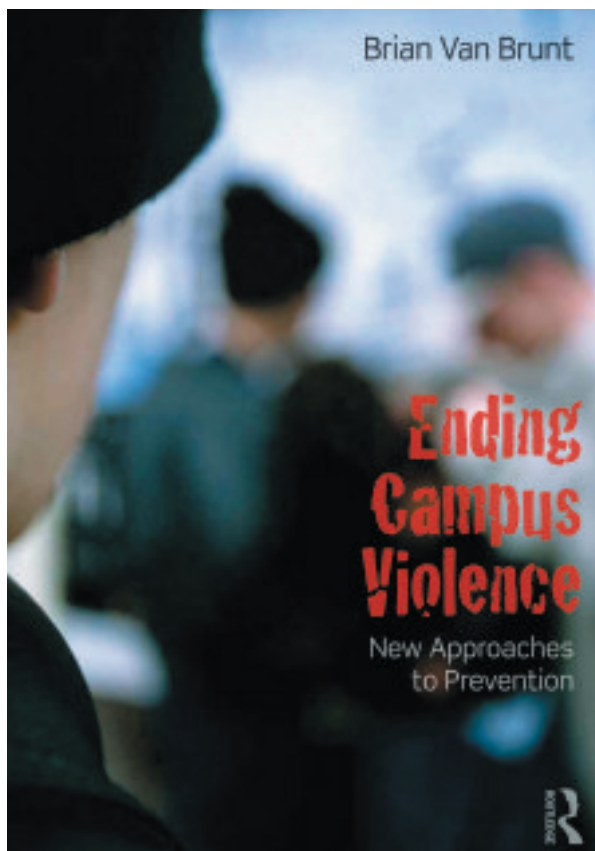
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How to stop campus violence before it starts

► A new book focuses on the value of preventive care for at-risk students ► Preemptive expulsion is not the way ► Statistics show a decrease in campus violence

In the wake of the Virginia Tech tragedy, nearly all large colleges and universities now have behavioral intervention teams: a half-dozen or more campus staff — including mental health counselors — charged with identifying at-risk students and developing action plans.

This month Routledge will release what is, perhaps, the most thorough examination of these teams: “Ending Campus Violence: New Approaches to Prevention.”

“If there’s an overarching theme I’m trying to get across here, it’s connecting with at-risk students and trying to get them some care, so they don’t

spin-off into rampage violence or destructive choices,” says author Brian Van Brunt, from his office at the University of Western Kentucky, where he is the counseling center director.

As the former president of the American College Counseling Association, Van Brunt has overseen hundreds of on-campus mental health cases — and studied hundreds more. In one of the most compelling sections of “Ending Campus Violence,” he culls common themes from these cases into hypothetical scenarios and poses them to experts: from journalists who have covered campus shootings to current campus counselors —

and even former FBI agents.

“One of the most common [ways that colleges go wrong] is this ‘zero-tolerance policy,’ which is borrowed from K-12 school systems: this idea that any type of weapon or threat might lead to expulsion,” says Van Brunt. “For me, this is a sledgehammer approach for something that might need a ball-peen hammer: immediately expelling a student without a proper threat assessment or conversations with that student. So we’re seeing a lot of overreaction by the schools, and that can actually be the catalyst that moves that student to a more dangerous set of behaviors.”

Quoted

Van Brunt — a leading campus violence expert — is quick to point out that, as a whole, colleges are getting safer year-by-year:

► “We’ve had some high-profile events of violence on college campuses. But, in fact, these are black swan events. Generally speaking, if we look at the numbers, what we see is a decrease in campus violence. Same goes for suicide statistics: They’re very clearly indicating that people are much less likely to commit suicide on a college campus, likely because of the support systems that exist there.”



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DESIGN PICS



► "Surviving Your First Year of College" aims to help students make the most of freshman year.

Where would Jesus pledge?

► A Christian college professor offers faith-based tips for freshmen ► Life skills are just as important as academics ► How to cope with delayed adulthood

Christian author Mike Kipp has co-authored his first book for a secular audience: "Surviving Your First Year of College."

"I'm sure my faith comes through, but I'm not trying to encourage anyone to go to a Christian university," says Kipp. "In fact, I caution people: Christian schools often have a lifestyle agreement."

Along with his co-author, wife Sandy Kipp, the Northwest Nazarene professor leads students through a step-by-step process of navigating freshman year: from packing for the dorm, to discussing budgets with parents.

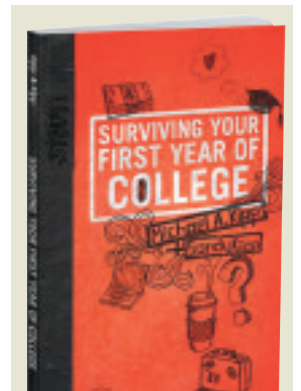
"There's a lot of just practical, pragmatic advice: Here's how you get along in class, here's how you make it through your first semester, here's how to set up your dorm room with just the right amount of stuff," says Kipp.

And he isn't the least bit preachy, especially when it comes to academics:

"One of my fellow professors said that, 'college is about 10 percent studies and 90 percent living life.' I love that! But the thing is you've got to get that 10 percent right. You don't have to be a great student, but you have to be just good enough to keep your



► Kipp



Quoted

"The syllabus is your friend. You need to not just file it away, but refer to it regularly. It is a quasi-legal contract between a professor and a student."

AUTHOR MIKE KIPP

scholarships, grants, or to just pass."

A recurring theme in "Surviving" is coping with a prolonged transition between adolescence and adulthood.

"The world has shifted significantly. In 1980 about 60 percent of private firms had a pension plan. About 15 years later less than 10 percent had one. Plus, you need more and more education just to get a job," says Kipp. "So people put off adult decisions: marriage, kids, owning a home. Everything is delayed, and that needs to be discussed in a serious way."



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THE WORD



Metro's **Monica Weymouth** shares her take on the world of gossip [@monicaatmetro](#) [monica.weymouth@metro.us](#)

Cee Lo's pet peeve

Last season on "The Voice," **Cee Lo**'s sidekick, **Purrfect** the evil-faced cat, was quite the hit, lending the judge a funky Dr. Evil-meets-Lewis Carroll swag-ger.

But animal rights activists aren't so psyched for his new on-air companion, a Moluccan cockatoo named **Lady**.

"Moluccan cockatoos are beautiful, intelligent animals — but they are very challenging to care for, especially in the long term, and are prone to considerable welfare problems," Monica Engrebretson of

advocacy organization Born Free tells TMZ, citing concerns that fans will buy the notoriously difficult pets. "Many Moluccan cockatoos develop self-destructive behavior, including feather-plucking and self-mutilation, not known to occur in the wild."

Poor Lady! Reality TV is the most oppressive of captivities, known to cause feather-plucking among even marginally intelligent newspaper editors. Cee Lo, if you want a colorful companion that speaks in near-gibberish, we suggest an intern.

TYLER GOLDEN; ALL OTHER PHOTOS GETTY IMAGES



► If we were Cee Lo, we'd buy Lady her own flashy glasses — and quick.

Octomom flying low

We haven't been keeping you updated on **Nadya "Octomom" Suleman**'s adventures in stripping and porn because, apparently, even we have limits and an inkling of desire for truth and beauty.

But we did tune back in when we heard about Suleman's trouble on a recent

flight to New York. Her manager tells TMZ that the Virgin America crew harassed them — ordering them to change seats, denying them beverages, prohibiting them from using the bathroom and then laughing at them.

Oh ladies, welcome to coach, where we are all despised equally and enthusiastically. Come meet your neighbors over warm Diet Coke and regret.

Amber Heard is living our dream

Rumors that the recently single **Johnny Depp** is involved with actress **Amber Heard** are heating up now that he bought her a horse. Depp, who is shooting "The Lone Ranger" in New Mexico, was looking for some company to ride the trails with between takes, reports E! News.

To recap: This girl looks like Barbie, and now Edward Scissorhands bought her a pony. So help me Peter Venkman if she lands a role in the new "Ghostbusters" movie.



Heard



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Elizabeth Banks is looking on the bright side, Paris Hilton must have gotten a new Benz, Alec Baldwin doesn't mind the heat and Steve Martin wants a little photog love.

@ElizabethBanks

Thank you ladies for looking out. No matter how disgusting a public woman's restroom is, the men's room is ALWAYS worse.

@ParisHilton

A good life is when you assume nothing, do more, smile often, dream big, laugh a lot, & realize how blessed you are for what you have.

@alecbaldwin

If a paparazzi dies of a heart attack running in this heat, would I get blamed?

@SteveMartinToGo

I slugged two paparazzi today for not taking my photo.



Banks

Talking points

Mini Shakira on the way?

While **Shakira** has steadfastly denied reports that she and boyfriend **Gerard Pique** are expecting, her dad may have blown her cover. "Hopefully the news will be made official soon," **William Mebarak** said in an interview with La Prensa when asked about the singer's



► Taylor-Wood and Johnson

rumored pregnancy. Whether or not there's a grandkid on the way, Mebarak is at least pleased with his daughter's new man: "The happiness of our daughter is reflected in us too, and we are very happy," he said. "[Pique] is a valuable young man."

Aaron Johnson ties the knot

"Savages" star **Aaron Johnson**, 22, and director **Sam Taylor-Wood**, 45, were married in Somerset, England late last week, according to People magazine.

They have both taken the surname Taylor-Johnson to mark the union. The pair met when Taylor-Wood directed Johnson in the 2009 film "Nowhere Boy," and they are parents to two daughters, aged 23 months and 5 months. Taylor-Wood also has two daughters from a previous marriage.

Give the girl a cigarette break

Lindsay Lohan is reportedly smoking up a storm on the set of her **Elizabeth Taylor** biopic, ac-

cording to Us Weekly. "Literally every time she finishes a scene she lights up another cigarette," a source says. "You can hear the crew saying, 'That's cut — get a cigarette for Lindsay!'" While stress is certainly a factor in Lohan's inhaling two packs a day, she's also apparently trying to channel Taylor. "In between takes, [Taylor] would sit on the director's chair puffing on her cigarettes," the source explains. "Lindsay has been working hard, but without the nicotine she probably could not make it through."



We're having a grouchy Monday

It's not often that our inbox turns over things as wonderful as photos of Anderson Cooper and Oscar the Grouch. In honor of our Sunday morning find, we're going green today.

1 A dapper Oscar eyed up actress **Sandra Oh**'s cookie at the 2009 Daytime Emmy Awards.

2 It was the best of times: Oscar the Grouch sat down for an interview with Metro last year.

3 Oscar and **Kofi Annan** had words in 2003.

4 Mr. Grouch laid some sugar on **Joan Baez** at the Clearwater benefit concert in 2009.

5 Was **Rachael Ray** sneakily grouchy at the 2006 Daytime Emmys?

6 **Anderson Cooper** and Oscar the Grouch rehearsed at the Beverly Hilton for Saturday's Daytime Emmy Awards.

1: FRAZER HARRISON/GETTY IMAGES 2: STEVE MEYER
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- How director Mark Andrews swooped in to take on a film in progress
- His own run-ins with the ghosts of Scotland

Mystical and 'Brave'

GETTY IMAGES

© DISNEY/PIXAR

First-time feature director Mark Andrews knows a thing or two about pressure. While he's been a longtime Pixar team-member — and director Brad Bird's right-hand man — the task of taking on "Brave," the animation studio's latest feature, was more than a little daunting. And it doesn't help that he had to step in for original director Brenda Chapman. But Andrews loves a challenge almost as much as he loves Scotland, where the tale takes place.

Scotland seems like such a mystical place, with each location having some sort of myth to it.

It is, it is. Everything had a story. Nothing didn't have a story. Every creek and branch and thing. But that was their culture, sharing these stories, and you knew these locations because you had to make them memorable — or stuff actually did happen there.

Casting Kelly

Since you came into this project already in progress, how involved were you with casting?

► The only person that I got to cast was Kelly Macdonald. We had Reese Witherspoon on it. She was great, but the movie was taking so long and she had other things that she had to do down there. ... So we found Kelly Macdonald, and she was available and gung-ho, and she's great. I didn't know who the hell she was at all, so just hearing her and seeing little clips, I was thinking, "Can she do this kind of comedy? Can she do this kind of character?" And then talking to her and hearing her read some lines, I was like, "She's going to be great!"



► Director Mark Andrews walks the red carpet in full Scottish garb.

Did you have any mystical run-ins yourself there?

On my honeymoon, we were in a hotel in Oban, and right on the counter there's a big thing with newspaper articles they had from way back when about this hotel's history. I'm just flipping through, and all of a sudden I go, "Oh my God, ghost in room 216." And just as I read this, the clerk hands us over our keys to room 215. I'm all, "Oh crap." The ghost only shows herself to women to warn women away from men. The ghost is the ghost of a woman who killed herself jumping out of a window because the man she was in love with ... he goes off to sea, doesn't tell her when he comes back that he met somebody else. So she's waiting there for him to rendezvous, but he never returns so she offed herself. So the ghost re-plays their last night together, that argument, and rearranges

the furniture in the room back to how it was back in the day. So the maids keep coming in and going, "Ah, the ghost." **You've got to be aware that when you make a movie with Disney about a princess, there will be inevitable comparisons.** We're conscious of it in the sense that yeah, she's a princess, but why is she a princess? [Story-wise], there's more catastrophe that can happen. She can't just be a selfish milkmaid who can run off and marry somebody, right? We're all, "I don't care about that. Let 'em marry somebody." But here's this person, this character that doesn't want to do that stuff. "Um, lady, you're going to be a queen someday. You're going to have to step up." So we get those stakes. But it quickly goes away from that idea.



NED EHRBAR

METRO WORLD NEWS IN LOS ANGELES

On location



► Glen Affric, Scotland

Researching Scotland

Teams from Pixar headed to Scotland twice during preparation for the film, first to find inspiration and again to take samples to get the natural beauty just right — which turned out to be more difficult than expected. "The reason 'Brave' is so incredibly challenging is because the computer likes to make things perfect, geometric," says Pixar head John Lasseter. "When you're dealing with ancient Scotland, every single item — every stone, every tree, every structure — has a tremendous sense of history to it with layers of moss and dirt and wear from the weather."

Co-director Steve Purcell admits that while they were in Scotland on business, it never really felt like work. "It's definitely fun. We'd meet the local people in whatever town and ask them what kind of folklore and stories they had," Purcell says.

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► Award-winning cinematographer Ben Richardson had no choice but to jump in with both feet while shooting 'Beasts of the Southern Wild'

FOX SEARCHLIGHT

The most stunning film of the year



► Quvenzhané Wallis stars in "Beasts of the Southern Wild," which hits theaters this Wednesday.

Cinematographer Ben Richardson is certainly on to something. The eye-catching work he did as director of photography on his first feature film, "Beasts of the Southern Wild," earned him an Outstanding Cinematography award at Sundance, where the film debuted. The earthy and ethereal film went on to win big at Cannes as well, picking up critical praise everywhere along the way. But given the film's subject — a young girl and her father living outside the levees of New Orleans in a flood-prone community called Bathtub — it wasn't the most comfortable gig for a man with a camera.

This looked like a pretty involved shoot, physically. Directors and the rest of the crew can be a little bit more cautious about what they do, but actors and the person physically holding the camera are two sets of people who can't. If the shot demands that you're in the water and the camera's in the water, you get in the water ... I never wanted to say, "I

Q&A

How did you deal with the physical challenges of the shoot?

I had a very, very serious strategy for dealing with it. In the earliest days of pre-production, as we were jumping in and out of the bayou and Lake Pontchartrain, climbing up in trees ... I just started to panic because I was like, "I could literally mess myself up. If I sprain something or if my feet start hurting, I'm operating the movie entirely and lighting it every morning. I can't be the weak link here." So, and I'm not kidding, I think I had about five or six different types of footwear in the van. I had about a dozen dry towels, six changes of clothes, shorts, rain stuff.



NED EHRBAR
METRO WORLD NEWS IN LOS ANGELES

shouldn't do this" or "I couldn't do this." I wanted to just get in there and do it.

And of course on top of that, accommodations on indie films can be pretty sparse.

I ended up finding this weird big house, and the production ended up putting Crockett, the editor, in there with me. I ended up rattling around this huge, weird suburban family home, and it ended up being the perfect thing for me because it just gave me that space to decompress in the morning. **It sounds like a nice place to come home to.**

We ended up with a family of kittens living with us. I threw a huge party at that place in the last couple of weeks of it — half the crew came over. And at one point I mentioned to someone that there's kittens living in the cupboard, and in no time the chill-out room became the kitchen. I went in there and there were six crew members lying there, blissed out with a little kitten resting on their neck. People remember that pretty fondly. It was beautiful.

Q&A: Winning!

After winning the award at Sundance, how have things changed for you?

It's been great, it's been amazing. Straight after Sundance, I got interest from a whole range

of people — then signed with a really lovely agency. What I've really been doing is just reading scripts. I think I've read about 40 scripts in the last three months, which is more than I'd ever read before. I'm really just trying to find something that is the best fit for me that is going to allow

me to work the way that I like working. Right now, I would say of the 40-odd scripts I've read, there are only about a half-dozen that I've been seriously interested in being a part of, and at this point I'd say maybe three or four of them are looking likely.

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Feisty Pfeiffer

► This summer, that other Catwoman returns in a new family drama, 'People Like Us' ► Why this lady is being choosy about her roles

Despite the fact that actor Chris Pine has grown accustomed to taking a beating on film — with roles in "Star Trek" and this year's "This Means War" — Michelle Pfeiffer wasn't particularly enthused about joining the party. "Oh, I hated that," Pfeiffer says of her first scene with Pine in "People Like Us," in which she slaps him across the face. "I didn't like having to do that. I didn't even like watching it. It's so brutal, really, to slap somebody. I think it's probably hard for audiences to see that."

In "People Like Us," Pfeiffer plays Lillian, the mother to Pine's Sam, who is dealing with the aftershocks of discovering his recently deceased father secretly had another child (Elizabeth Banks). Given the tension in the mother-son relationship onscreen, Pfeiffer's main concern was conveying some warmth in Lillian. "One of the

Quoted

"We wanted to find the humanity of this person who was just really limited and damaged and who had made certain choices in her life that she may regret, that she's not proud of."

MICHELLE PFEIFFER

things [director] Alex [Kurtzman] and I talked about from the beginning was that she just didn't become one-dimensional and really arch and really cold and icy," Pfeiffer says. "We wanted to find the humanity of this person who was just really



► Chris Pine has the kind of face that Michelle Pfeiffer dreads hitting.

limited and damaged and who had made certain choices in her life that she may regret, that she's not proud of. What I love about her is that she ultimately owns up and takes responsibility for those choices. I think she's unapologetic about it."

Another thing she decided to be unapologetic about was Lillian's look, presenting her natural beauty with a fair dose of weary reality. "It's not easy to see yourself at your worst," she says of watching the finished product. "None of us

want people to see us when we've just rolled out of bed and your hair is dirty and you don't have any makeup on and you're puffy from whatever you've been doing. And that's who she is. I wanted to do that. I wanted to go there, I felt it

would be liberating."

While Pfeiffer has become much choosier about what roles she takes, that's only partly due to the quality of the work being offered. "I'm always looking for something well-written, something interesting, a place I haven't ventured before," she says. "And then there are other variables like when is it shooting, where is it shooting, how long is it shooting — because I still have family commitments and I'm always weighing that. If you look at the last three movies I've done, they have been sort of smaller parts or part of an ensemble where I can come in and come out and still be a mom and go off and get my work fix."

NED EHRBAR

METRO WORLD NEWS IN LOS ANGELES

Theater review

Dazzling Shakespeare

Celebrating 50 years in Central Park, The Public Theater is shaking things up at the Delacorte. Unlike in recent years, where two Shakespearean works played in repertory, this year the company is pairing a solo run of "As You Like It" with

Stephen Sondheim's "Into the Woods" later in the summer. But this production is more than strong enough to hold its own, with a stellar cast led by director Daniel Sullivan and a truly breathtaking set by John Lee Beatty that magically transforms from towering fortress to enchanted forest.

Lily Rabe showcases the cat-and-mouse gamesmanship undertaken by the love-struck heroine, Rosalind. Her sidekick Celia (Renee Elise Goldsberry) is an overworked wingwoman who just barely keeps her tongue. Oliver Platt



► Shepherdess Phoebe (Susannah Flood) berates her suitor; visit www.publictheater.org for info about "As You Like It."

avoids the trap of acting too outlandish, and his Touchstone is a knowing fool. David Furr's Orlando is best when set against the firebrand Rosalind, but he's surprisingly tender when he strives to repay a lifetime's servitude to his ailing, elderly aid. Two of the best performances come from smaller parts, the penetratingly cynical Jaques (Stephen Spinella) and the scornful Phoebe (Susannah Flood), a first-edition mean girl. Throughout, a roving bluegrass band underscores the plot's exultations and set-

backs with mood-perfect music by Steve Martin (yes, that Steve Martin).

At our performance, there was a noticeable amount of children in attendance who raptly and ably followed the twists and turns of the plot. Shakespeare, when it's done well, should always be this accessible and simple — but make no mistake, the mastery behind the scenes here is palpable, it's just tucked in cleanly at the seams so that all that's left is exactly "As You Like It."

● T. MICHELLE MURPHY



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Wouldn't it be nice?

► Al Jardine on how 'these litigious Beach Boys' were finally able to come together and celebrate their 50th anniversary in harmony ► A new album and an extensive tour ain't too shabby for guys who are entering their 70s

Within the first minute of conversation, Al Jardine is marveling about the fact that the Beach Boys are together again, celebrating 50 years of music, with a new album called "That's Why God Made the Radio" and a tour with a setlist that reflects half a century of sunny surf songs.

"It's truly amazing that we're cognizant enough," he starts. "No, that's the wrong word, that we're capable enough of delivering the goods at this high of a level for a 50-song set."

Jardine is funny, candid, self-deprecating and acutely aware that the history of America's original party band includes more than a few chapters that are not at all "Fun, Fun, Fun."

The guitarist and singer was one of the founding members of the legendary band and he performed as a Beach Boy through the late '90s, when the death of another founding member, Carl Wilson, caused the band to splinter into a situation where members with different names for their projects played Beach Boys tunes. Jardine's project was called the Endless Summer Band.

He says the years of playing these classic songs without his fellow founders necessitated a little adjustment when all of the surviving members came together again.

"We had to get used to everybody's personalities in the band, because we didn't use our own bands," he says. "Brian, for the most part, used his



► The Beach Boys, circa 1966, were, clockwise from bottom left, Carl Wilson, Mike Love, Dennis Wilson, an unidentified beagle (who may or may not have played piano), Jardine, Bruce Johnston and Brian Wilson.

own band, because he's the most sensitive to that as his people have been a component to his resurrection, really. He's really insistent on keeping that chemistry together, and we went along with it."

The Brian he's speaking of, is of course the genius in residence, Brian Wilson, who stopped touring with the band in the mid '60s to focus on writing and producing the band's albums (as well as to reduce the stress on his notoriously fragile psyche). But even the pressures

Quoted

"The good vibrations are alive and well — let's put it that way — in this band."

AL JARDINE

of producing, coupled with drug use, caused Brian Wilson to have a nervous breakdown when the Beach Boys were at their creative peak. The album



► The Beach Boys now, from left, Mike Love, David Marks (who replaced Jardine in the early '60s when he briefly returned to college in 1963), Brian Wilson, Bruce Johnston and Jardine.

Do it again

So how did the reunion happen? Jardine says he's somewhat responsible for it.

"I was inundated with requests and pleas, and I said, 'You know, it's the right thing to do. We're going to do it and don't worry about it.'"

"And I kept saying it until it became true. ... I didn't want to let anybody down once I started saying it, so I had to come through, big time. ... It was inevitable because of the milestone we were approaching. ... And Brian showed some signs of life by delivering a couple cool tracks to Capitol, and

they said, 'Hey, I like that, let's make a whole album,' and he said, 'Yeah, with the Beach Boys.'"

"He wanted to do it with us, and not a solo thing. And everything came together."



PAT HEALY
pat.healy@metro.us

that Wilson was working on with the band, "SMILE" went unfinished for almost 40 years until that resurrection period Jardine mentioned.

But Jardine seems very happy to have so many members who are so close to Wilson on the stage with him.

"For the first time in the history of our music-making, we've had enough people on stage to do all the parts," he says. "We overdubbed so much — we were like harmony fanatics — that we never could put

all of it together in one place at one time. Now you have the original voices and pretty darn good players and singers doing the parts that the three or four of us haven't ever done. We used to combine everything, like in 'Good Vibrations.'"

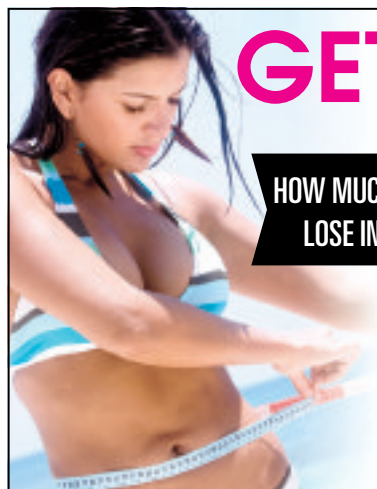
They've got the sounds of "Good Vibrations" down, but are there actual good vibes between all of the members?

"It's a good sign for the world, that these guys, these litigious Beach Boys have been able to bury the hatchet," he

says. "We can still share a positive thing. The good vibrations are alive and well — let's put it that way — in this band."

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The Figgs figure out the secret to longevity

► Figgs singer Mike Gent on why their latest is a double album ► Plus: How they've stayed together for 25 years ► Labels — who needs labels?

Being a new buzz band is one thing, but sticking around for 25 years is quite another. The Figgs formed in the Saratoga area of New York State in 1987 and went on to survive grunge, alt, indie and a whole lot of other rocks, as well as both the old and new music businesses.

"We're like cockroaches, we'll survive anything," jokes singer and guitarist Mike Gent. "The thing is, we were a band for seven years before we got a record deal. We knew how to be a band without a label. Everyone expected us to break up when the deals ended, but it became more enjoyable. After two major label deals, we cleared the deck. We fired everyone — managers, lawyers — and got back to ground zero. We're happier than ever, and I think we've played some of our



► Brothers in arms, from left, the Figgs have always been and always will be Pete Donnelly, Mike Gent and Pete Hayes.

best shows and made some of our best records."

The latest is a double album

25 years of DIY punk rock

In celebration of their quarter-century as a band, Figgs anniversary shows are planned in Saratoga this summer, with more to follow elsewhere in the fall. The secret to making it

this far is never running out of songs and keeping it real.

"When we first started, we were on an early Warped Tour and we were the only band that didn't have a luxurious tour bus. We thought, 'This is supposed to be DIY punk rock?'"

— yes, double! — called, "The Day Gravity Stopped." The very words "double album" summon images of noodling prog rockers with conceptual opuses, so what's a terse garage rock trio doing with one?

"Some of my favorite records are double albums: The Beatles' 'White Album,' 'Blonde on Blonde' by Bob Dylan, that's a great record. And the Rolling Stones 'Exile on Main Street.' There's a lot of regular rock 'n' roll double records that aren't prog rock," Gent corrects. "Whenever

there's a large group of decent enough songs, a double record is involved."

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Up and coming

Icona Pop: Pop icons in training

Icona Pop's throbbing, dance-friendly beats make anything sound like fun.

Take the lyrics to their song, "I Love It": "I crashed my car into the bridge! I don't care! I love it!" Those aren't exactly the most cheerful lyrics for a summer hit single, but the song — which sounds like a pissed-off ABBA — has 305,000 views on YouTube.

"It's amazing when someone comes up to you and says that they like what we are doing," says Caroline Hjelt.

Hjelt, 24, and Aino Jawo,



► From left, Hjelt and Jawo are working on their debut album now.

25, met in London, and now live in Stockholm. The two women met at a party three years ago and clicked instantly. It didn't take long before they started making music.

"Aino was freshly dumped and I was frustrated about my music when we met, so it was a perfect time to start something new," says Hjelt. "It only took a week or so to write our new song, and after four weeks we had our first gig."

Hjelt says the pair's sound has a lot to do with their friendship: "We have lived together since we met and sleep in the same bed. ... We have an amazing respect for each other and have a damn good time together. We tell each other that we're lucky to have one another."

► EMMA BJORKMAN/MWN



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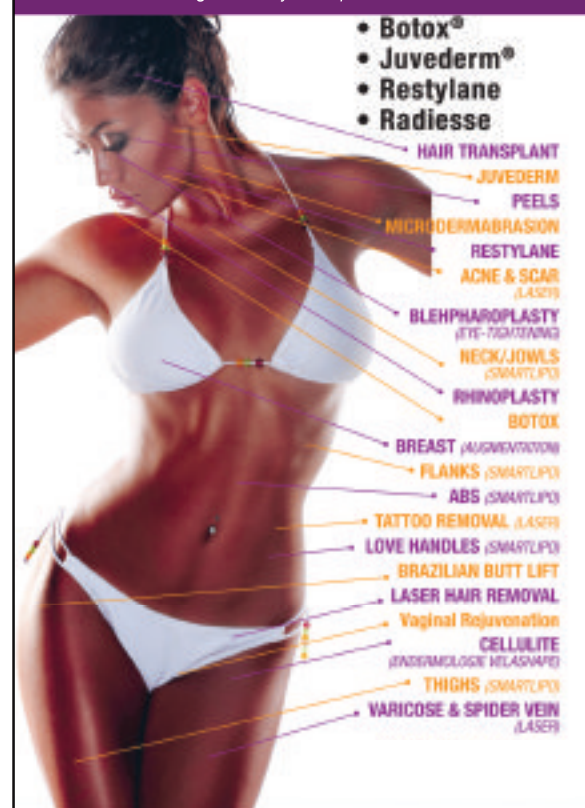
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TV watch list



► It's all about the omelets on tonight's "MasterChef."

'The Glass House'

REALITY. During the first elimination round, the contestants play a game dubbed "Ruffle Your Tail Feathers." Here's hoping the glass house has curtains.

10:01 p.m., ABC

'The Real Housewives of New York City'

REALITY. You know how this goes by now: Ramona hosts a lunch that people skip to have

a secret lunch. Sonja hosts a party she wishes Ramona would skip. You get bored enough to call the friends you avoid. 9 p.m., Bravo

'MasterChef'

REALITY. The remaining 14 contestants get pulled out of bed to make breakfast for hungry, cranky hotel guests. Our money is on whichever team remembered the mimosas.

9 p.m., FOX

● MONICA WEYMOUTH

Disney film 'Brave' conquers box offices

Disney's new animated movie, "Brave," about a rebellious, red-headed princess, battled to the top of movie box office charts over the weekend, scoring \$80 million in ticket sales around the world.

The fairy tale from Disney's Pixar studio pulled in \$66.7 million at domestic theaters from Friday through Sunday, plus \$13.5 million from international markets. "Brave" easily topped new historical/horror mash-up "Abraham Lincoln: Vampire Hunter," which finished the weekend in third place.

The 3-D "Brave" is set in the ancient Scottish highlands and centers around horseback-riding teen princess Merida, who defies her mother and her kingdom's traditions. Merida, voiced by Scottish actress Kelly Macdonald, must then use her courage and archery skills to undo a curse.

The movie brings the 13th consecutive No. 1 opening to Pixar, which has become Hollywood's most reliable studio during its 17-year history of making films. Starting with



► Princess Merida hit the bull's-eye in theaters this weekend.

"Toy Story" in 1995, its 12 films before "Brave" have generated more than \$7.2 billion in worldwide ticket sales, according to Hollywood.com.

Its 2010 film "Toy Story 3" was the biggest-selling film that year, with \$415 million in U.S. ticket sales and nearly \$1.1 billion worldwide.

"Brave" is a departure for Pixar, and is its first film to feature a strong female as the lead

character, following a long Disney tradition with female heroines that in recent years have included "Mulan" and "Pocahontas." "Brave" cost about \$185 million to make.

Ahead of the weekend, industry tracking suggested "Brave" would secure between \$55 million and \$60 million in domestic ticket sales, putting the film line with most of Pixar's recent debuts, but the

film topped expectations.

"Brave" knocked another animated family film, "Madagascar 3: Europe's Most Wanted," to No. 2 after its two weeks in the top spot. The movie about a pack of escaped zoo animals took in \$20 million at North American (U.S. and Canadian) theaters over the weekend, and the worldwide total since its debut rose to \$157.6 million. **REUTERS**

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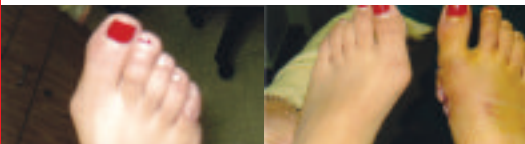
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Antidepressant users confront long-term questions about meds

When it comes to antidepressants, whatever the personal reason, many experts agree that medication is not the be-all and end-all.

Now that millions of '80s and '90s babies are coming of age, for the first time in history the guinea pigs of antidepressants are piecing together the long-term effects of mood-altering drugs on their lives, health and self-image.

Kaitlin Bell Barnett is the author of "Dosed: The Medication Generation Grows Up," in which she examines case studies of several medicated, depressed teens. In some of the cases, antidepressants prove helpful in treating their conditions; in others, the results come with layers of complexity and side effects.

"Taking medication is not a quick fix," she says. "It's not a matter of just popping the pill and that's the end of the story. Really, it's the beginning of the story."

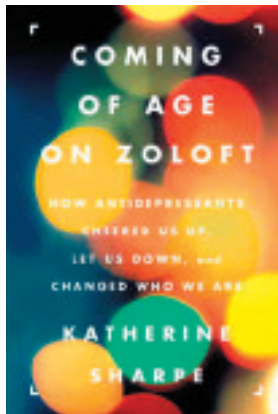
Barnett says that using mood-altering drugs as an immediate solution to a person's physical, emotional and psychological problems can cause deep-seated confusion regarding his or her sense of self.



"A lot of users look back and say, 'Did I need this medication? Was it the right decision to start taking it when I did?' That's a really hard question to answer because it would be counterfactual. It would be like asking, 'What if I grew up with different parents?'"

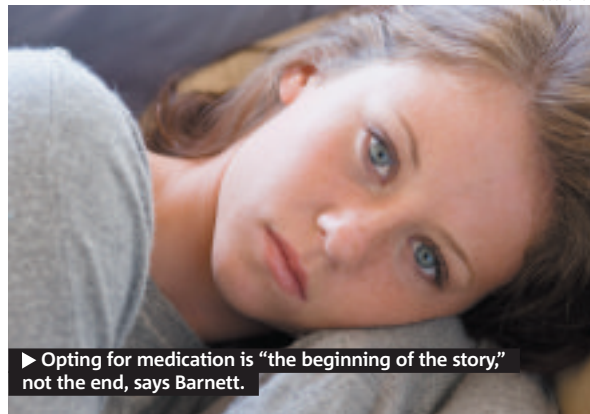
In 1989, less than 2 percent of Americans bought drugs like Prozac and Zoloft each year — but the usage has exploded since then. Today, depression is the leading cause of disability worldwide, according to the World Health Organization.

Katherine Sharpe, author of "Coming of Age on Zoloft,"



weaned herself off antidepressants after 10 years of use. She says depression is a tug-of-war between science and culture.

"You can talk about it being a chemical imbalance, but we don't really know what that means yet," she says. "Cultural-



► Opting for medication is "the beginning of the story," not the end, says Barnett.

ly, we're going to have to decide where the edges are."

A difficult task, since there is no physical test for these cognitive disorders.

"Taking these medications is often portrayed as being simple. It's not so much that I want

people to use them or not," Sharpe says, "I just want adults to understand the ways that it's not simple before they understand what the best choice is."

RAISHAD HARDNETT
letters@metro.us

Preparing for a positive experience

Even if you don't rely on medication, chances are you know someone who does. Barnett offers tips for how to prepare yourself, a friend or a family member for a positive experience with medication:

- 1 Understand that there's no guarantee that any single drug is going to work.
- 2 Educate yourself about the side effects.
- 3 Be clear about your reasons. Expectations play a big role in people's responses, and there is a placebo effect.
- 4 Talk with your doctor about any concerns.
- 5 For parents: Explain to your kids why they're taking medication, and gradually give them more responsibility over time.

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2 Stretch your arms away from your body. For a deeper shoulder stretch, extend the arms in line with the spine. The top of the head can be pointing down towards the mat or be in line with the direction of force through the arms.

3 Curl your toes and press your legs up, sending your rear toward the ceiling.

4 Raise your navel upward toward the chest. Your tailbone should also be raised upward.

5 Raise one leg up and back, keeping the hips in line. You can also open the hips and raise the leg higher. Most of the weight and force will move to one arm. It is easier to balance the weight over both arms if the hips are aligned.

6 Come back to start, take some breaths and repeat with the other leg.

Benefits:

- ▶ Strengthens the arms and the legs
- ▶ Improves balance

—Kristin McGee is a celebrity yoga & Pilates instructor. Check out her new app on iTunes, and visit her website at www.kristinmcgee.com.



Mind & body

Free rooftop yoga

Alignyo, a yoga website and newsletter, is sponsoring a free rooftop yoga series to raise awareness for Christy Turlington Burns' organization Every Mother Counts. All ages and abilities are welcome to attend this Tuesday and Thursday's sessions, from 7-7:45 a.m., on the roof of **Reebok Sports Club/NY (160 Columbus Ave.)** and **The Sports Club/LA-Upper East Side (330 E. 61st St.)**. You must pre-register to secure your spot at www.alignyo.com/sky-high. The first 100 people to sign up will win a yoga mat, and refreshments will be on



67%

67 percent of Americans are not able to make time for themselves at least once a day.

Source: Keurig & Brew Over Ice Beverages

hand.

"The main focus of Every Mother Counts is to raise awareness and educate the public about preventable maternal mortality globally," Turlington Burns says. "Alignyo's free yoga classes will help us achieve our mission." ● MEREDITH ENGEL

Are you normal?

Is it normal to feel like I am losing friends as I get older? I just entered my 30s and feel I have fewer friends now than I did a few years ago.

Yes, totally normal. You're in a transition as you move from your 20s to 30s. As people get older they settle into serious relationships, get married, have kids, and move for careers. People's interests and priorities change, and with that their social groups do too. For example, a 22-year-old might find it really important to drive a cool car or get into the hottest clubs. For a 30-something, those things, one would hope, aren't all that important. The remedy: Accept maturity and embrace change. Get involved with new groups, organizations

No more drama



JONATHAN ALPERT

WWW.JONATHANALPERT.COM

and people. Surrounding yourself with like-minded people will allow you to forge new friendships.

Is it normal for someone to be so into reality TV that the person watches it for hours every night? I don't get it! What's your take on reality TV?

Plenty of others don't get this whole reality TV thing either, but it's here to stay, and being into it is normal. Reality TV is the ulti-

mate in voyeurism and exhibitionism: People openly display their dirt and the public eats it up.

People are bored, and reality TV allows them to live vicariously through the participants. Whether it's weight loss, divorce, hooking up with bachelors, dealing with drug addiction or the daily drama of being a rich, snobby socialite, the

public loves to delve into others' lives.

For TV executives, it's a winning formula for success: The participants are affordable, as they're usually paid just a nominal fee to cover travel expenses or are offered small contracts. And production is relatively low-budget, as sets are limited without the usual glitz and glamour of Hollywood.

So, why would people want to exploit themselves by putting all their juicy details on display? Well, for someone searching for fame, this is a perfect path to follow, and many have landed it. There are also plenty who have parlayed their 15 minutes of fame into more by landing book deals, spin-off shows, magazine covers, singing contracts and more.

— **Jonathan Alpert** is a licensed psychotherapist. His new book, **"BE FEARLESS: Change Your Life in 28 Days,"** is available at major booksellers and Amazon.com.

Follow him online at www.jonathanalpert.com, on Facebook (www.facebook.com/jonathanalpert) and on Twitter (@jonathanalpert).

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.



► Hooked on the Kardashians? Totally normal, says Jonathan Alpert.

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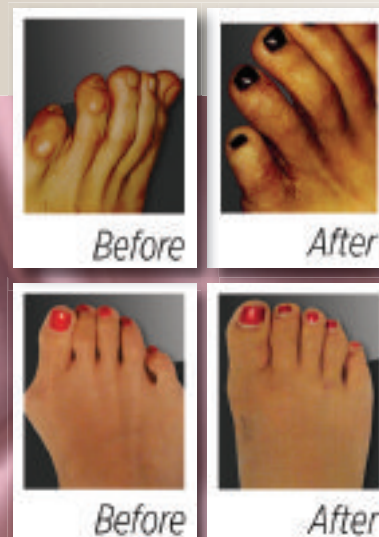
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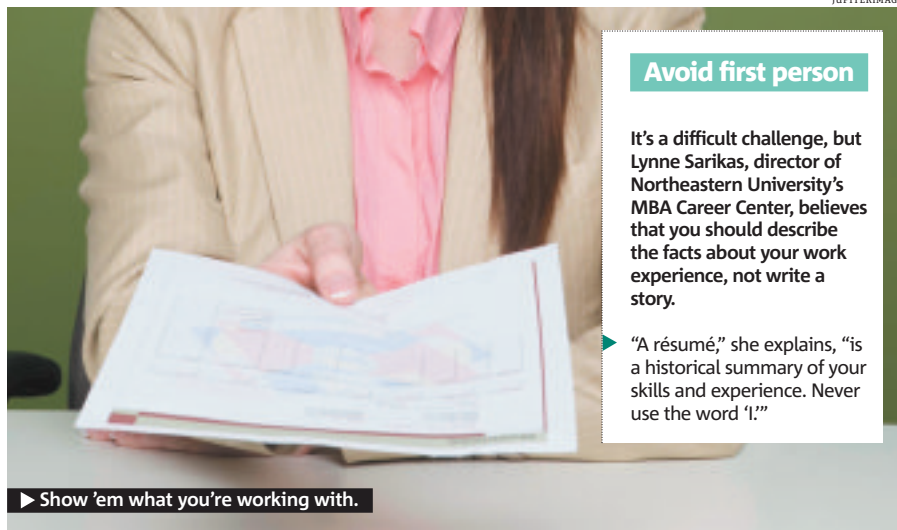
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What not to write in your résumé

► Ditch the buzzwords and use precise language ► Is a list of objectives necessary? ► What you should include



Avoid first person

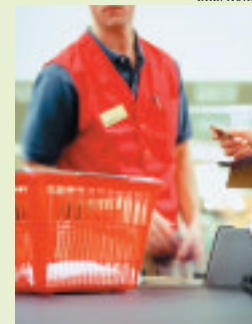
It's a difficult challenge, but Lynne Sarikas, director of Northeastern University's MBA Career Center, believes that you should describe the facts about your work experience, not write a story.

► "A résumé," she explains, "is a historical summary of your skills and experience. Never use the word 'I.'"

► Show 'em what you're working with.

In the news

RYAN MCVAY



Summer jobs scarce for teens

Job-hunting teenagers in cities across the United States face the third bleak summer in a row. They must compete for scarce slots in scaled-back government work programs and against adults forced into low-paying positions by the unemployment crisis.

The harsh summer job market for teens is compounded by this: The country has recovered only half the jobs lost from December 2007 through June 2009, the worst recession in 70 years.

Teens — often the last hired and first fired — suffered the toughest summers on the job front since World War II in 2010 and 2011.

In April, the U.S. unemployment rate for 16- to 19-year-olds was 24.9 percent — and much higher in some major metropolitan areas.

"What I would ask people to think about is: Who gave you your first work experience? Almost every one of us had a break to get their first job, and that work experience is essential to get your second and third job," says Larry Frank, Los Angeles deputy mayor of neighborhood and community services.

The Obama administration's stimulus funding helped support more than 370,000 summer youth jobs in 2009 and 2010.

But last autumn, a divided Congress failed to enact another jobs measure, which included \$1.5 billion for summer and year-round jobs for low-income teenagers and young adults. **REUTERS**

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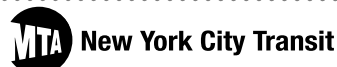
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"Creative, organizational and effective." Those aren't the words used to describe the employee of the year, they're 2011's top three overused buzzwords, according to LinkedIn. Nicole Williams, LinkedIn's connection director, recommends removing these from your résumé immediately.

We could provide a list of words to never use on your résumé, but it would be inexact. As soon as one career expert declares a word inadequate, another expert comes along to disagree. But a few rules are steadfast.

Don't be vague

Steve Langerud, director of professional opportunities at De Pauw University, suggests showing rather than telling. "The goal is to be clear, focused and behavioral in your language," he says. "The reader should be able to see you working in the way you actually worked. Interpret what that work might look like from their past experience."

Nix the mission statement

"Employers are looking for someone to do what they want — they don't necessarily care what you want," says Yahoo! Shine Senior Editor Lylah Alphonse. "Use the extra space to list some of your real accomplishments and activities," she adds. Just make sure, Alphonse points out, that the accomplishments are relevant to the position for which you're applying.

Itemize your accomplishments

Words that you do want to use on your résumé are ones that paint a picture of your career achievements. Be specific. "Where possible, quantify results," says Sarikas. Include the exact percentage of improved sales or productivity level while at your previous job. Give employers something they understand and your résumé won't get lost in a sea of white papers.



JULIA WEST
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Letters

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We need to hold their interest

It’s one week until the interest rate on subsidized Stafford loans doubles on July 1. It’s crunch time. Your community and your elected officials need to hear what you think. To help you, here are a few suggested points to make in your letter: On July 1, the interest rate on subsidized Stafford loans will automatically double, shooting from 3.4 percent to 6.8 percent overnight.

At a time when banks can borrow money at near-zero interest, it is absurd for the interest rates to double for student loans. Young people are facing the worst job market in generations — they can’t suddenly afford to pay even more on their student loans. Student loan debt has surpassed the \$1 trillion

mark, and doubling the interest rate will tack on thousands of dollars to Stafford loans.

MIKE SHER, VIA E-MAIL

Priorities, politics and apologizing

RE: “POLITICS IS POLITICAL AND BIAS IS WRONG”: Taking care of our own first before we take care of others isn’t discrimination. If we only took care of our own and didn’t make a way to take care of others when we have the ability to do it then it would be; but taking care of our own first before taking care of others is simply being responsible. Any given day, there are people who panhandle downtown. If we feed our children first and then help those who are in need downtown, that is being responsible and lending a

helping hand — not discrimination. If we, however, followed your views then we would be feeding the people who ask for money in the streets before we feed our own children. That’s not responsible as leaders in our homes. Every deadbeat dad proves your point wrong. Likewise with a leader of a nation, you take care of your citizens first before worrying about illegal immigrants, and we help them later.

Now I have another concern: Anytime we look at a person, even the president, and make excuses for their wrongs or shortcomings, we should do some self-inspection because then we aren’t looking for a president. If this is the case, we will find ourselves looking for a Messiah who is perfect, and we will try to justify every wrong we

see in the hope to see what we want to see. Obama is a man, he is the president for now so let’s respect him in that role; but if he messes up, let’s be truthful enough to call him on it and expect him to be responsible enough to do better, not be blind and ignore the obvious. Some flaws he may have been forced to make and some wrongs he was all to glad to make.

JOHN HEMPHILL VIA EMAIL

You say treason? Gimme a reason!

RE: “POLITICS IS POLITICAL AND BIAS IS WRONG”: Kudos to Robert La Rosa Whitestone’s reply to John Hemphill. Thank you for saying it better than I would have had the patience for, having had to repeat these obvious facts over and over again. When people mention Obama and treason, does anyone ever ask them on what constitutional grounds? Do they not think that Republican leadership is paying attention? WALLACE COOPER, VIA E-MAIL

E-mail your letters: letters@metro.us

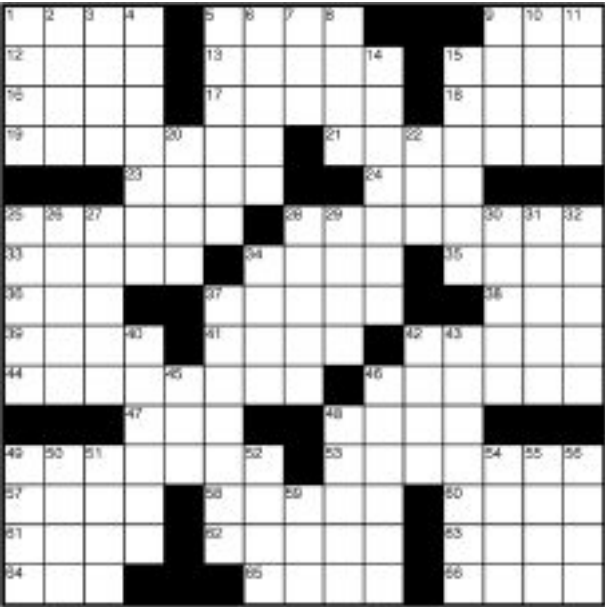
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Across

- 1 Dauntless
- 5 Make a backup
- 9 Gullet
- 12 Helm position
- 13 Impromptu (2 wds.)
- 15 Follow a trail
- 16 Onion goody
- 17 Russian export
- 18 Ounce or inch
- 19 Lodger
- 21 Roots
- 23 Televises
- 24 — you sure?
- 25 Broken in, as a horse
- 28 Still-popular fad (2 wds.)
- 33 Marsh stalker
- 34 — vu
- 35 Vacillate (hyph.)
- 36 Cotton Belt st.
- 37 Astronomer Carl —
- 38 Hosp. workers
- 39 Barn section
- 41 Sear a steak
- 42 Early VCRs
- 44 Wool protector
- 46 Polite word
- 47 Wheel track
- 48 Put on
- 49 Fuchsia
- 53 Jungle, to a jaguar
- 57 Unquestionable
- 58 Praise highly
- 60 Therefore
- 61 Opposing votes
- 62 Actress —
- Witherspoon
- 63 Fortune-teller
- 64 Ave. crossers
- 65 Feat or title
- 66 Pop quiz

Down

- 1 Fishhook part



- 2 Melange
- 3 “One For My Baby” singer
- 4 Humiliate
- 5 Spelunker’s find
- 6 Aromas
- 7 Prof’s degree
- 8 Sean Lennon’s mama
- 9 “Small” prefix
- 10 Similar
- 11 Waters down
- 14 Desert crosser
- 15 Enormously
- 20 Low-cal
- 22 Tax shelter
- 25 Kingdom
- 26 Domed dwelling
- 27 Rough sketch
- 28 Aboveboard
- 29 Barely open
- 30 Large artery
- 31 Talking birds
- 32 Oater gang
- 34 Kids’ writer Roald —
- 37 Disperse
- 40 Hoop scores from far out
- 42 Divulge a secret

- 43 Most spooky
- 45 Hot dog holder
- 46 Sounded, as a bell
- 48 — idea was that?
- 49 High alt. places
- 50 What Hamlet smelled (2 wds.)
- 51 Fellas
- 52 Gave the pink slip
- 54 Bring to bay
- 55 Dries out, as wood
- 56 Cause for a lawsuit
- 59 Jeans go-with

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2						4		5	
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2				6	4					
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3										8
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			7							
6	1	8	2						3	

SUDOKU LEVEL: HARD

Solution to Friday’s crossword

FRAT	YOKES	POST
LAVA	DONNA	ORAN
ITER	SPINY	NEWT
PERMS	TUITION	
AHAB	INRE	
CRUCIBLE	GASPS	
LOB	MEALS	MURAL
OBOE	SHEET	POLE
PEAKS	SCRAM	TVA
STICK	TUXEDOED	
NOAH	MIDI	
HOGTIED	SAFER	
JUDO	SNAKE	DALE
ALOU	ENROL	ERLE
WART	RANDY	MEEK

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CHRIS CHAMBERS/GETTY IMAGES



► Jason Kidd, a free agent, has said he wouldn't mind backing up Williams in Dallas or Brooklyn.

Report: D-Will to choose Nets, Mavs

- Point guard narrows down possible signing places
- Nets still seem like long shot ► Mom won't give hint

And then there were two, apparently.

Free agent point guard Deron Williams, the clear No. 1 player available on the market, has narrowed his choices down to re-signing with the Brooklyn Nets or signing with his hometown Dallas Mavericks, according to ESPN.

Both teams had long been rumored to be the favorites, but Nets general manager Billy King likely feels a little more emboldened by Williams's decision to still include the Nets.

Once the Nets were unable to acquire Dwight Howard at the trade deadline, it was assumed that Williams would

Listen to mom

Williams' mom, Denise Smith, spoke to ESPN this week — yes, they actually interviewed his mother — and said she had no idea what her son would do.



► "I thought he was going one way and another time thought he was going another way," Smith said.

strongly favor the 2011 NBA champion Mavericks. Earlier in June, Williams told the Los

Angeles Times that he was "not really in the mood for being part of a rebuilding process." That would seem to rule out the Nets, who have Gerald Wallace, Brook Lopez, Kris Humphries and Gerald Green all as free agents.

Since Williams is on Brooklyn, he can sign for more money if he stays — five years and close to \$100 million. The Mavericks can only offer about \$75 million over four years. But Williams is from The Colony, Texas, a suburb of Dallas, and 2007 NBA MVP Dirk Nowitzki is already locked up.

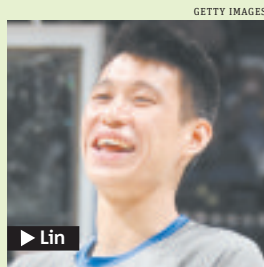


MARK OSBORNE
mark.osborne@metro.us

Lin, Novak win Bird rights

Bird wasn't just the word in the Mets' clubhouse this weekend, it was also good news for the Knicks.

Steve Novak and, maybe more importantly, Jeremy Lin both won their Bird rights hearing with the NBA in a somewhat surprising decision. Bird rights, an allusion to the first case involv-



► Lin

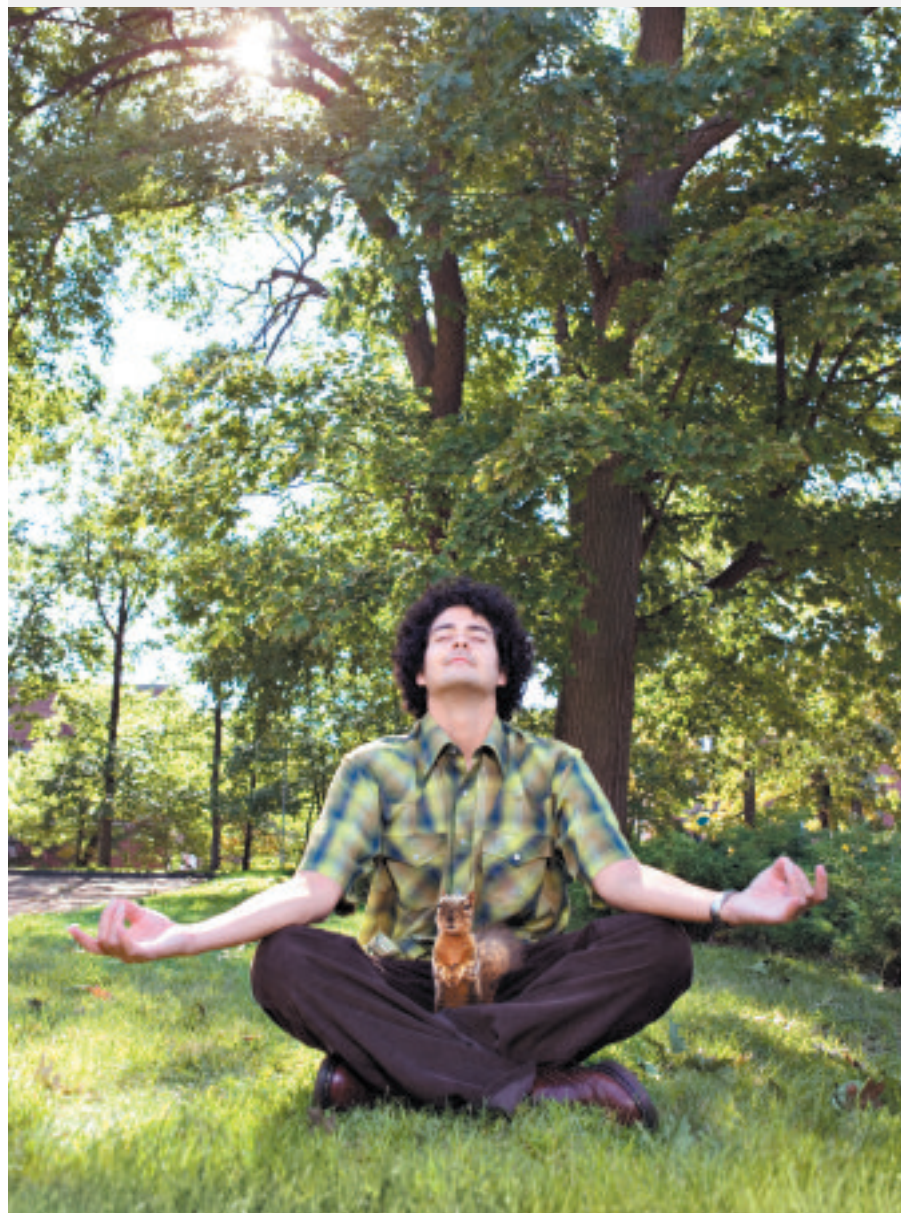
ing Celtics legend Larry Bird, allow a player to re-sign with his team and go

over the salary cap.

Not only does it mean the Knicks can re-sign both Lin and Novak, but it opens up the midlevel exception of about \$3 million to sign another veteran player (as the Knicks did with Baron Davis this past season). Had the arbitrator not ruled in the players' favor, the Knicks wouldn't have had the mid-level exception open. The NBA is appealing the ruling, however. ● **METRO/MO**

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Get study treatment at no cost to you, and compensation for your time and effort.

For more information, call Christina at The Zucker Hillside Hospital,
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The Feinstein Institute
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Individuals with a diagnosis of Bipolar II Disorder
ages 18-85 needed for a study of a new investigational treatment.
If you are currently experiencing symptoms of depression you may be eligible for a
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This study treatment is administered at no charge to you.

Participants will be compensated for their time.
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■ **AVAILABLE IN MANHATTAN:** New Life Nutritional Centre 714 W. 181 St. Cash Rx Plus 746 10th Ave. @ W 51st St Cordette Drugs 55 W 39th St @ 6th Ave. Cross County Pharmacy 1514 Madison Ave. @ 103rd Food For Health 1653 3rd Ave. New London Pharmacy 246 8th Ave @ 23rd St. A Matter of Health 1478 1st Ave. @ E 77th St. Ajanta Pharmacy 2718 8th Ave. @ 145th St Arrow Pharmacy 883 9th Ave. @ 57th St. Blake Pharmacy 1868 3rd Ave. @ 103rd St. Bliss Pharmacy 1590 Madison Ave. @ 107th St. C & C Nutrition 561 W 179th St. @ St. Nicholas Ave. Dile Punab Deli 170 9th ave @20th @21st ST. Harlem RX Pharmacy 102W. 116TH St. Health IS Wealth 184 7th Ave. Earth Matters 177 Ludlow St. @ Houston St Elm Health 1695 1st Ave. @ E 88th St. Metro Drugs 7 West 14th St. near 5th Ave. Metro Drugs 931 Lexington Ave. @ 68th St. #92 Pharmacy 1938 2nd Ave @ E. 100th St. VLV Med Pharmacy 4085 Broadway St. Earth Matters 177 Ludlow St. @ Houston St. Gary Null's Uptown Whole Foods 2421 Broadway St. Health Harvest 820 2nd Ave. Natural Green Market 162 3rd Ave. Pro Health Pharmacy 385 2nd Ave. Pro Health Pharmacy 370 Lexington Ave.

■ **AVAILABLE IN ALL BOROUGHES OF NEW YORK CITY CALL US FOR FUTHER INFORMATION:**



In other towns try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H \$9.95.

Bell uses the power of nature to help put life back into your lifestyle

www.BellLifestyle.com 1-800-333-7995

CLEAR SKIN

Dr. C. Hammoud, Master Herbalist, PhD, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. * This makes sense. Usually you can see how it benefits your skin within days. * Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product.



■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY.* ■ **It #60 worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**



#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

TEENS – Get the facts on taking care of **your** sexual health

Preventing a pregnancy or sexually transmitted disease

THE TWO BEST WAYS TO PROTECT YOURSELF ARE TO: 1) not have sex or to 2) use a CONDOM every time you have sex + BIRTH CONTROL if you are at risk for pregnancy



FOR YOUNG MEN:

Always use a condom to prevent pregnancy and STDs, including HIV.

- Use a condom every time you have sex, even when your partner is using another birth control method.
- Make sure you know how to use a condom before you have sex. To find out how, go to nyc.gov, keyword: “condom” or go to www.facebook.com/nyccondom.



FOR YOUNG WOMEN:

Hormonal birth control methods are safe and, when used correctly, almost 100% effective in preventing pregnancy. Hormonal options include:

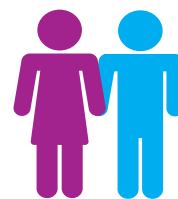
- Birth control pills (“The Pill”)
- Patch (Ortho-Evra)
- Vaginal ring (NuvaRing)
- Injection you get every three months (Depo-Provera)
- Implant that lasts up to three years (Implanon)
- IUD (intrauterine device) that works for up to five years (Mirena). (A non-hormonal, copper IUD, ParaGard, works for up to 10 years.)

Make sure your partner uses a condom, too, to prevent STDs, including HIV.

Emergency contraception (EC), known as the “morning-after pill,” prevents pregnancy after unprotected sex or if a condom breaks but you have to act fast!

- EC works best when taken as soon as possible after unprotected sex; it works within five days after unprotected sex.
- Teens can get EC free at some health centers or with a prescription that can be filled at a pharmacy. If you’re 17 or older, you can also buy it over the counter at a pharmacy.

YOU HAVE THE RIGHT



It’s your choice whether or not you have sex.

No one — not even a boyfriend or girlfriend — has the right to pressure or force you to have sex. Almost half of all teens wait until they leave high school before having sex. Even if you’ve had sex before, you can always change your mind and say no.

Teens in New York State have the right to get sexual health services on their own without the permission or knowledge of parents, guardians, boyfriends, girlfriends, relatives, teachers or anyone else.

Call 311 to find confidential sexual health services near you. Many places will see teenagers for free or very low cost.

To learn more, go to nyc.gov and search for “NYC Teen”

**Only condoms
will protect you from
HIV and other STDs**

A young couple is shown in a close embrace. The woman, on the left, has dark, curly hair and is wearing a black leather jacket. The man, on the right, is wearing a grey hoodie and a dark baseball cap. They are both looking down and smiling. The background is a blue wooden wall.

**“my condoms +
her birth control”**

If you're having sex, use **BOTH**
to help prevent pregnancy, HIV & STDs

For free, confidential clinics search **NYC Teen** on nyc.gov or call 311



SCAN TO FIND A CLINIC

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NYC
Health

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Thomas Farley, MD MPH | Commissioner